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another for preparing percentage solutions, and the rule for converting Fahrenheit to Centigrade degrees.

FIRST LESSONS IN FOOD AND DIET. By Ellen H. Richards, instructor in sanitary chemistry in the Massachusetts Institute of Technology. Boston: Whitcomb & Barrows.

This is not a book written for nurses as a special class, but it is a book which every nurse will do well to make herself familiar with. It is a book of ten lessons for teachers on the subject indicated in the title,—a tiny affair of fifty pages, an hour's reading, perhaps, but it starts one thinking for a much longer time. "As human beings, what we all wish to know is what to eat, when, and how much. We also ask for a warning bell to caution us when we are liable to go wrong. This much every well person needs. The really sick must have a special treatment, but at this time we are concerned only with that food which keeps us well and strong and happy." Also how to do this at the least cost of time, money, or the sacrifice of our fellow-creatures, and these little schemes for lessons are really pretty reading. Lesson II. opens: "Everything is food for something else, each after its kind, and *matter*, carbon, oxygen, hydrogen, and nitrogen, for instance, is kept circulating like gold and silver, which is now made into amulets and images, now lining drinking-cups, now buried in the earth, now stamped as coin and passing from hand to hand until melted and made into rings again. It is gold and silver all the while." Again it is of food values she speaks: "The word potato or apple should bring up to the mind not only the shape, size, and color, but the part in the diet it may play." Or the choice of food: "The early peoples had an abundance of one kind of food of which we can certainly deprive ourselves,—air,—and this lack is the cause of much, if not of most, of our ill-health. The early peoples had to work—and often work hard—for their food, and hence did not often get too much of it. We have food set before us in such abundance and variety that we overeat without knowing it. This causes so many of the illnesses from which modern man suffers that, barring accidents, it may be said that if we are ill or ill-tempered it is likely to be our food which is at fault in some of the many ways we have indicated." "Every day of our short life should count for something, and to lose it because one ate the wrong food is foolish waste." "The chief object of the thorough mastication of the food and its treatment with saliva in the mouth is to protect the stomach from overwork. The thoroughness with which the stomach prepares the food for the final act of digestion, intestinal absorption, depends upon the amount given it to do. It would seem as if man might learn this lesson readily, but the fact is that the average human being bolts his food and washes it down regardless of all physiological law."